

# Woman's Food Package - Some Breastfeeding



**Cereal** - 36 ounces



**Eggs** - 1 dozen  
(medium or large)



**Juice** - 2 containers  
(frozen or concentrate)

At the store - PICK 1



**Peanut Butter:** 16 - 18 oz jar  
**Dried Beans:** 1 lb  
**Canned Beans:** 4 cans



**Fruits & Vegetables**  
\$10 check

**Milk** - 4 gallons  
(Cheese - NONE)



SF1

OR

**Milk** - 3 gallons  
**Cheese** - 1 lb  
**Evaporated Milk** - 1 can



SF2